

● February 22.

Lesson 10.

- 1) Warming up. Leap, step, step, step, leaping on alternate feet.
- 2) In couples - with one on st.  
beginning - kick st. leg out in front, then back behind, then forward turn keeping on same leg, now straight out behind. Then place in position. Repeat with other leg, let partner do same. Partners are facing in opposite directions.
- 3) Review arm movements - having wrist lead.
  - 1) out to the side.
  - 2) up & down.
- 4) Step on lt. foot, two short steps.  
 $\frac{1}{4}$  turn with body leaning away from the st. foot which is to be stepped on - in repetition same to st.
- 5) Review leaps.
- 6) Continue in groups - complete dance & signal movements for 8 measures.



February 25.

Lesson 11.

- 1) Walky leap - step, step, turn, leaping on to rt. ft. - swinging lt. foot well out behind with arch.
- 2) Repeat landing on alternate feet.
- 2) Take a partner - facing opposite direction hands on each other's wrists.  
Walk leaning first to one side then the other - both going the same way at the same time - sweeping motion - free arm raised.
- 3) With partner - slip on ft. ft. - kick lt. well out behind - back arched - partner aids in helping to swing you around. Then partner does the same with your assistance.
- 4) Lunge position - mt. on lt. ft. going down until weight is well over ft. knee - turn sideways - raise lt. leg off the floor.  
Repeat going to the left.



5) Pivoting - step, step - horizontal line turn with use of arms.

6) Pivoting leaps in 3's.

7) In Groups - nothing, not motions displaying ceremony.

March 1.

Lesson 12.

1.) Marching up - partners in circle. Step left, step right, + forward 3 running steps.

2.) March turn - leap, step, step, increased tempo.

3.) Arm out in front - move out + in about wrist high - wrist leads.

4.) Other arm - out, up, down.

5.) Combine so that hands start & stop.

6.) In partners - one going forward, other backward. Change directions, going first one side & then the other & lean to side you are going.

7.) Same position - partners supporting each other - swing around on inside foot leaning towards partner.



8) leg circle back & step forward  
in front of body -  $\frac{3}{4}$  time.  
Change feet. leg across  
in front to lunge pos.,  
swing back around to  
original position.

9) Instead of twisting on rear foot,  
spin on it.

10) Combine two exercises above,  
step, step & change ft.  $\frac{3}{4}$  time.



Musik 4.

Lesson 13.

Warming up -

step, hop, hop with turn.

- 1) Sitt. str. - Pull up toe, then knee & upper leg.
- 2) In rows - hands in cross position -  
lt. arm ~~out~~ out, up & down,  
rt. arm out & in, wrist leading.
- 3) Sitt. legs to side - pretend to bounce  
ball rt. & lt. light & quick.  
- then from rt to lt. & back.
- 4) St. pr. - standing on lt. leg,  
rt. leg touching front & side,  
add lt. arm down & out.  
quick & light.
- 5) In rows - leg swing, across & step &  
turn.
- 6) In rows - combine last 2 exercises.
- 7) In rows - click music in rhythm.
- 8) Composition in groups.



March 8.

Lesson 14.

Warming up.

hck, hck, hck. turning at same time

- 1) In partners - one going forward, one back. taking 6 steps one way, 6 steps the other way, then swinging leg around.
- 2) Bounce ball with ft. + hd.
- 3)  $\frac{3}{4}$  time - step, step, then bring foot in front, step back on rear ft. + swing forward foot around behind.
- 4) Reviewed arm positions.
- 5) Feet apart, lift rt. knee, then swing it around to the side. Stretch it out, leaning back at same time.  
Place rt. ft. on ground and bend knee at the same time, letting body lower. Finish with weight on lt. ft. and rt. leg stretched out behind.
- 6) Clapping & quarter notes - then eighths



2) Using walking steps with triplets & clapping, 4  $\frac{1}{4}$  notes. Then reversing - clapping triplets & walking in 4 notes.

8) Step to side on lt. ft. bringing st. in front - hold for 1 count then step & st. turn to opposite side & hold for 1 count. Step on rt. ft. & swing lt. ft. right around so as to face opposite wall.

March 12.

Lesson 15.

Warming up - long line - Polka step forward and backward for 8 measures.

1) Do splits - arms above head, touch one foot, then other, allowing head to touch knee.

2) Feet to right - left hand raising, left heel - extending knee and ankle - to other side. Add flexion of ankle.

3) Splits - holding both ankles, jerk down to touch head to floor.



4) Step, step, bend hbk. First to one side, then the other. (wally time). Add turn on hbk by step across step hbk, turn - free foot then ops in front.

5) Do figure 8 - stepping on foot as it comes forward & leaning on front foot & back knee. Get up and take two steps sideways, then repeat figure 8 and kneel. Repeat - moving forward. Repeat kneeling - but add movement of arms on slide.

6) Knee up - <sup>(1-2)</sup> turn out - <sup>(3-4)</sup> hold.  
Hands out in front - hand on (3-4) - so that left elbow rests on left knee - turn st. out so palm faces upward. Allow head to follow left arm. Repeat to other side. Repeat, adding stretch to knee best side, slide down to rest on front foot - back knee is raised.

8) Three steps to right - 3 to left - three to right, then turn on st. toe.



March 15.

Lesson 16.

In couples - compose a dance with the same tempo as the waltz.

March 18.

Lesson 17.

Working in groups of 8. in 4 corners of the room. Compose a sound using the following movements.

- 1) Step forward on the rt. foot, cross left foot over in front to rt. side, and with pointed toe. Keep back flat, but allow shoulders and head to move to left, turning at the waist. Keep hands in front, waist high with fingers curved and backs of wrists together. Repeat to opposite side.

- 2) Step forward on the rt. foot, foot turned well out. Make a figure 8 with the lt. ft. and slide it forward and well out till kneeling position is reached. Pick up rt. ft. from kn. pos. Arms are at the sides.





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